

Fast Food Meals

Class # 3

Julia will be traveling a lot with work this week. She will have to eat several fast food meals while she is gone. Help her choose which meals are the healthiest choices.



Southern Style Crispy Chicken Sandwich

420 Calories
21g Protein
19g Fat
43g Carbs
900mg Sodium

1 Medium Fry

380 Calories
4g Protein
19g Fat
48g Carbs
270mg Sodium

McCafé Strawberry Banana Smoothie- The perfect combination of strawberry and banana blended with ice and creamy low fat yogurt.

210 Calories
3g Protein
0.5g Fat
47g Carbs
50mg Sodium



Premium McWrap Chicken & Ranch (Crispy)

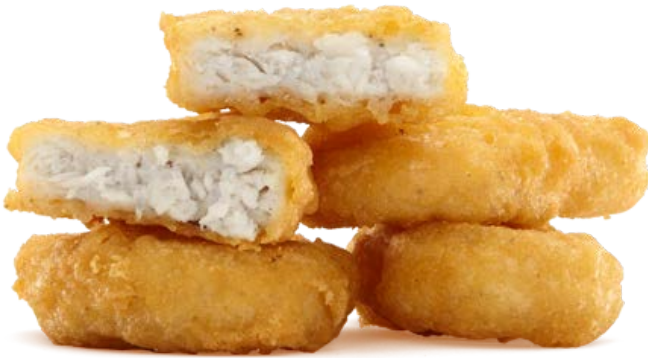
580 Calories
26g Protein
29g Fat
55g Carbs
1290mg Sodium

1 Medium Fry

380 Calories
4g Protein
19g Fat
48g Carbs
270mg Sodium

Large Diet Coke

0 Calories
0g Protein
0g Fat
0g Carbs
35mg Sodium



6 piece Chicken McNuggets with Tangy Barbecue Sauce

330 Calories
13g Protein
18g Fat
29g Carbs
800mg Sodium

1 Medium Fry

380 Calories
4g Protein
19g Fat
48g Carbs
270mg Sodium

McCafé Strawberry Shake- Creamy reduced fat ice cream with strawberry flavored deliciousness—topped off with whipped cream and a cherry.

550 Calories
12g Protein
16g Fat
90g Carbs
160mg Sodium



Deluxe Quarter Pounder

540 Calories
29g Protein
27g Fat
45g Carbs
960mg Sodium

1 Small Fry

330 Calories
3g Protein
11g Fat
29g Carbs
160mg Sodium

Large Iced Tea

0 Calories
0g Protein
0g Fat (0%)
0g Carbs (0%)
10mg Sodium (0%)